

A Healthier You



We're healthier with help from Ladies First!

with
**Free Health
Screenings**
and more!

Vermont Department of Health

Ladies 
Every Woman Matters *first*

On the Road to Better Health – With Help from Ladies First

What's the reason many women don't get health screenings? Cost.

The services described here are free for women who qualify for the Ladies First program. Look inside for more information, or call Kate toll-free at 1-800-508-2222 (or TDD 1-800-319-3141) to find out how to enroll in Ladies First over the phone. It's fast, easy, and it could save your life.

Ladies First offers FREE:

• Health Screenings

Ladies First is helping Vermont women in the fight against the major diseases of our time: breast cancer, heart disease, and more. Through free regular medical checks you can stay on top of your health. Mammograms, Pap tests, blood pressure and cholesterol screenings are just some of the tests Ladies First covers.

• And more!

Ladies First offers programs to help you stay healthy. They are tailored to meet your needs. For example, once you are screened, we'll help you:

- Learn more about heart healthy eating with a nutritionist.
- Join a local group that helps women fit activity into their daily life.
- Quit smoking with counseling and free patches or gum.



Aloyse Rowley, Burlington; Alice Kalandros, Burlington; Bonnie Howard, East Hardwick

Ladies First—How it Works

- 1** Call Kate at **1-800-508-2222** or TDD **1-800-319-3141**
Foreign language and other formats available.



- 2** Sign and return the forms (consent and enrollment) that Kate will send to you.

- 3** Receive your Ladies First membership card in the mail. Then call a doctor or nurse in your area. (Kate will help you find one.)

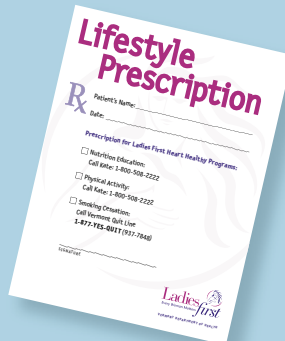


- 4** GET HEALTH SCREENINGS, including:
- In-office breast exam
 - Breast self-exam instruction
 - Screening mammogram
 - Pelvic exam
 - Pap test
 - Blood pressure
 - Total cholesterol
 - Body Mass Index (BMI)
 - Blood sugar test

- 7** One year later ... get screened again. Kate will send a reminder and re-enrollment forms.

- 6** Use your “Healthy Lifestyle Prescriptions” as appropriate to:
- Learn more about heart healthy eating with a nutritionist.
 - Join a local group that helps women fit activity into their daily life.
 - Quit smoking with counseling and free patches or gum.

- 5** Receive results of your health tests. If you need follow-up or treatment, Ladies First will help.



Find more information at:
www.LadiesFirstVt.org

August 2003

Ladies First is a Women's Health Program of the Vermont Department of Health, funded by grants from the Centers for Disease Control and Prevention US5/CCU-121972-01 and US7/CCU-119179-03

- Supported by Vermont's medical community
- Created with the help of Vermont women
- Easy to join

“Ladies First
is a Lifesaver!”

Beth Dresser, St. Johnsbury



“This is just the kind of help I’ve been looking for!”
Aloyse Rowley, Burlington



“I’ve got a family with heart disease. This is just what I need to keep from going there myself.”
Cherry Clark, Burlington

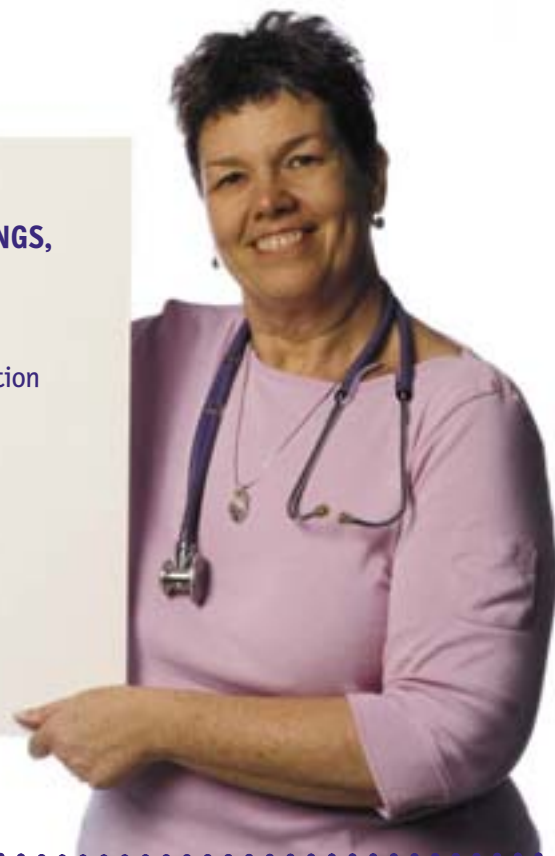
Women eligible for Ladies First are:

- Vermont residents
- Of limited income
- Age 40 years and older
- OR
- Age 18 – 39, with breast symptoms or abnormal Pap test.

Please note that women with Medicaid, VHAP and Medicare Part B are not eligible for Ladies First.

Ladies First pays for FREE HEALTH SCREENINGS, including:

- In-office breast exam
- Breast self-exam instruction
- Screening mammogram
- Pelvic exam
- Pap test
- Blood pressure
- Total cholesterol
- Body Mass Index (BMI)
- Blood sugar test



“Ladies First lets me provide patients the care they need, without worrying about the money.”
Cate Nichols, MS, PA, Burlington

NUMBERS TO KNOW

Test	Target
Blood Pressure	Below 120/80
Total Cholesterol.....	Below 200
Glucose (blood sugar).....	Below 110
Waist.....	Below 35 inches



Gardening is a great way to exercise and reward yourself with fresh vegetables.



“I like that it’s not about dieting.”

Every journey begins with the first step.

The Ladies First program wants to walk with you down the road to good health. It’s easier than you think. Just call Kate! Once you join, you will be able to get the free health screenings all women need – mammograms, Pap tests, blood pressure and cholesterol screening for heart disease and more. You’ll learn your personal “numbers” and what they mean for your health. Ladies First can also help you learn to get healthy – and stay that way.

Call Kate now
Take the first step.
to join Ladies First.

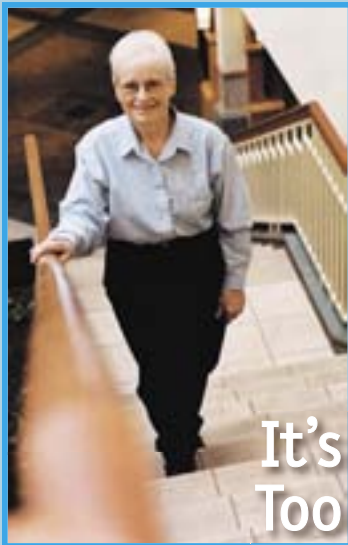
1-800-508-2222
Vermont Department of Health

“It’s about turning your life around.”
Heather McKeown, East Berkshire

Now we take the stairs instead of the elevator.
It’s one easy way to add physical activity every day.

Bonnie Mennell, Putney
Heather McKeown, East Berkshire
Bonnie Howard, East Hardwick





“My whole life has changed completely. I feel so healthy – like I’m young and have all this energy.”

Alice Kalandros, 65, amazes even herself. Two years ago she was 60 pounds overweight and, in her words, a real couch potato.

It's Never Too Late

One day she decided something had to change. “I said to myself ‘this is getting to be too much.’ It was hard for me to breathe.” She began by walking five minutes a day, then added a few more minutes each day. Now she’s up to three miles.

Alice changed her life by changing her habits. At Ladies First we are helping women make these changes, too. With new programs to fight heart disease and other chronic illness, we’re here to help Vermont women reap the rewards of good health.

1-800-508-2222 TDD: 800-319-3141



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